TUNTURI®

PROFESSIONAL TRAINER

OWNER'S MANUAL

The TUNTURI PROFESSIONAL TRAINER is a heavy-duty exercise cycle especially designed for professional use. It is intended for exercising the large muscle groups. The cycle is particularly suitable for use in sports institutions, gymnasiums and schools, but also for serious training at home.

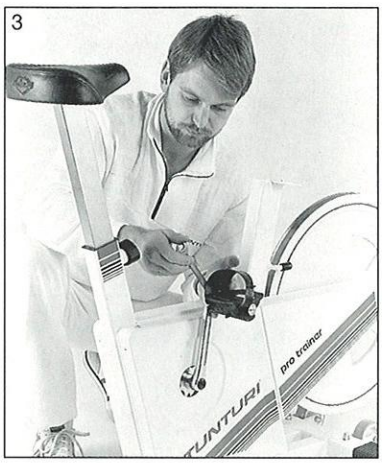
The PRO TRAINER is excellent for athletes for warming up, endurance training and improving oxygen intake. It is robust, durable and safe, and has a wide range of adjustment possibilities which suit it for hard use, for example physiotherapy and rehabilitation use in institutions.

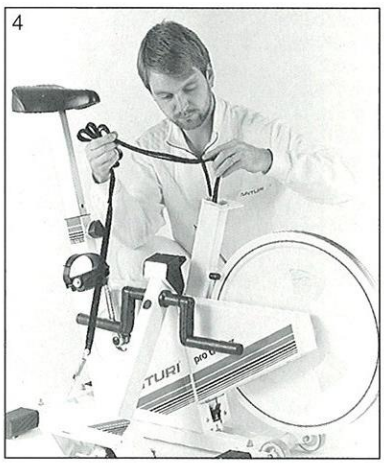
ASSEMBLY

The exercise cycle is easily assembled with the tools included in the package, following the instructions given below:

1. Fix the seat to the upright tube by tightening the three nuts under the seat. To adjust the angle, place spacers either at front or back between seat and seat support plate.
2. Fix the leg tubes to the frame with screws. The leg tube equipped with wheels should be at the front of the cycle.
3. Fix the pedals to the crank, the pedal marked "left" to the left-hand crank (also marked "left"). Note the thread is left-handed so this pedal is fixed by turning anti-clockwise, the right-hand pedal by turning clockwise.
4. Place the upper part of the front tube beside the frame and thread the brake belt through the upright tube.
5. Put the upper part of the front tube in place and fasten to the lower part with the three hexagonal screws.
Connect the free end of the speedometer cable to the meter.
6. Thread the free end of the brake belt from above between the front tube and flywheel into the clamp. Lock the clamp.
Adjust the brake belt tightness so that with the adjustment lever at "0" there is no braking effect. With the adjustment lever at "1" there should be a noticeable increase in resistance.

Before using, make sure that all securing screws and nuts are sufficiently tightened.





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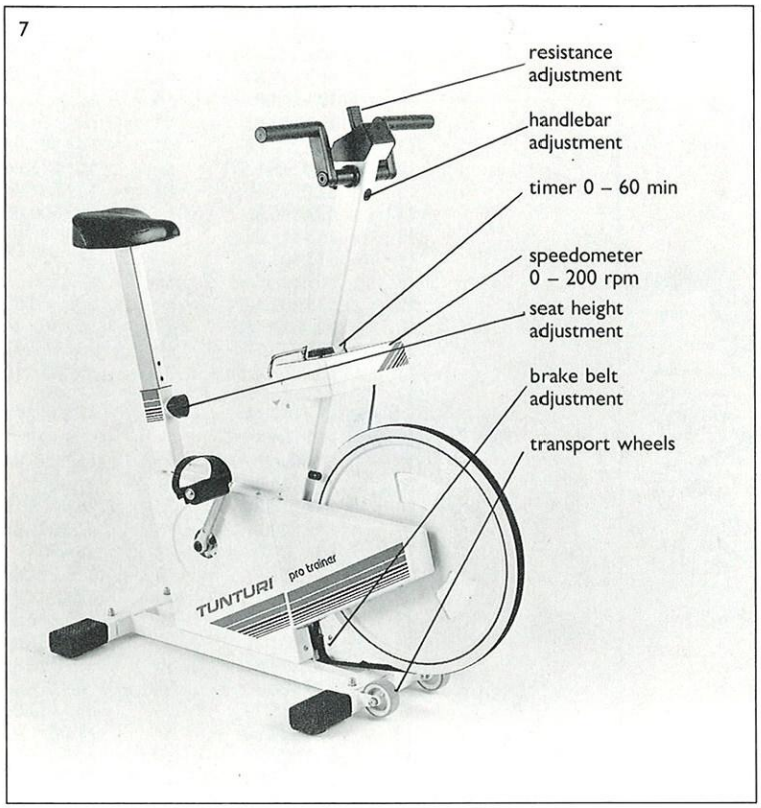


OPERATION

Adjusting the seat
Set the seat height so that the middle of the foot reaches the pedal with the leg straight and the pedal in its lowest position.
The seat angle can be adjusted to some extent by placing the required number of spacers under the screws.

Adjusting the handlebars
Set the distance of the handlebars so that the user can pedal with arms almost straight and in a comfortable position. To change the position of the adjustment lever pull it out and turn in the desired direction.
N.B. Be careful not to use too much force. The long lever allows sufficient tightening with very little force.

Pedalling
Usually you should start pedalling at low resistance. After a few minutes' warming up, resistance can gradually be increased.

Timer
Use the timer to regulate your workout time. Set the desired time by turning the knob clockwise. When you hear the buzzer, your workout time is up.

MAINTENANCE AND STORAGE

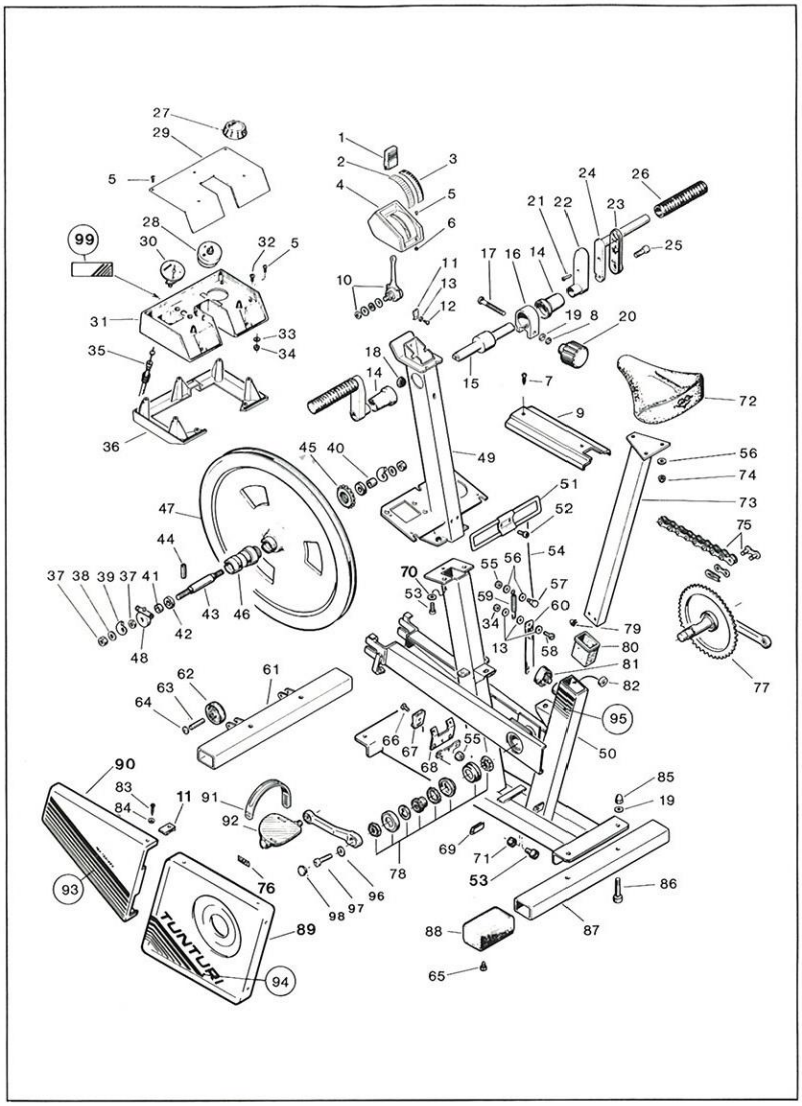
Maintenance
The PRO TRAINER is extremely durable and designed to withstand continuous heavy use. However, it is important to carry out a few simple maintenance procedures from time to time. This will ensure that you get the best from your exercise cycle.
Brake belt tightness should be adjusted when required. To do this, open the clasp behind the flywheel (see fig. 7) and tighten the belt. The tension is correct when the flywheel rotates freely with the resistance adjustment lever in the 0 position.
The chain should be lubricated with a suitable oil twice a year. To lubricate remove the right-hand front cover.
If the chain is noisy, it is either too tight or too loose. Adjust by opening the nuts on the flywheel axle and moving the flywheel either forwards or backwards. Make sure that the chain is in alignment after tightening.
Any water-soluble detergent is suitable for cleaning the outer casing. Solvents should not be used.

Storage
The PRO TRAINER should be kept in a dry place with as little temperature variation as possible and protected from dust. It is not recommended to use the cycle in damp conditions as the braking surface of the flywheel may rust and thus cause malfunctioning.

TECHNICAL DATA

- length 103 cm (40")
- width 53 cm (21")
- height max 116 cm (46")
- total weight 55 kg (121 lb)
- weight of flywheel 23 kg (50 lb)
- diameter of flywheel 50 cm (20")
- drive ratio 1:3.56
- seat height adjustment 84 – 110 cm (33" – 43")
- handlebars turn completely around their axis, diameter 20 cm (8")
- welded frame of robust steel tube
- safe, enclosed construction

SPARE PARTS



Picture No.	Part No.	Picture No.	Part No.
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3	423.141.86	52	60.06.016.03.3
4	173.515.86	53	60.08.020.33
5	60.03.008.20.3	54	223.501.82
6	61.0310	55	61.0510
7	60.05.008.21.3	56	62.0612.16
8	653.132.83	57	223.110.78
9	173.524.87	58	60.04.012.11
10	213.504.82	59	641.104.60
11	651.900.70	60	443.506.86
12	60.42.016.57	61	103.515.86
13	62.0515.15	62	533.533.84
14	533.546.86	63	343.500.88
15	213.511.86	64	673.500.88
16	513.501.86	65	652.176.77
17	60.08.065.42	66	60.05.016.17
18	533.502.82	67	503.509.85
19	62.0817.16.3	68	503.507.84
20	533.242.87	69	433.509.82
21	60.03.012.11	70	62.0817.16
22	173.118.85	71	61.0801
23	173.117.85	72	153.102.81
24	213.104.85	–	153.108.87
25	60.10.020.32.3	73	153.556.84
26	213.105.85	74	61.0601
28	233.514.84	75	252.058.10
29	173.5009	76	423.191.81
30	233.0002	77	353.0003
31	173.5010	78	523.117.88
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33	62.0409.08	80	533.512.82
34	61.0401	81	653.507.84
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43	343.510.84	90	143.507.84
44	662.700.71	91	363.101.88
45	263.100.88	92	363.128.87
46	333.503.84	93	423.5002
47	303.501.82	95	423.143.86
–	303.503.89	97	653.0002
48	233.0003	99	423.148.86
49	103.516.86	–	553.100.88

WHAT TO DO IF...

FAULT	REASON	ACTION
Brake not operating	Brake belt loose	Open brake belt clasp and tighten belt
Pedal not secure	Pedal axle loose	Tighten pedal onto crank with wrench. See Assembly/3.
Speedometer does not operate	Cable not in place or faulty	Unscrew sleeve of cable from speedometer and rotate flywheel. Check that cable rotates. Push cable carefully into meter and screw sleeve into place.
Pedalling is hard with lever at 0	Faulty brake belt adjustment	Adjust brake belt. See Maintenance/Adjusting Brake Belt.
Chain noisy	Chain dry	Remove right-hand front cover. Lubricate chain with vasline or viscous oil.
	Chain tight	Remove plastic front covers, loosen flywheel axle nuts and move flywheel slightly back. Check chain alignment before tightening.
	Chain out of alignment	As above.
Chain rubs against cover	Chain loose	Move flywheel forward. See above.

If fault other than those described above occurs, or if the fault is not corrected by taking the above measures, contact either your dealer or the importer directly in order to obtain service or instructions.

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